ACHARYA JAWADEKAR COLLEGE OF EDUCATION GARGOTI.

Shri Mouni Vidyapeeth
Acharya Jawadekar College of Education, Gargoti
B. Ed. 2023--2024 SEM III
P. E. Workshop
11 Sept.2023 to18 Sept. 2023

Day/ Date	Particulars	Guide
Monday 11.09.2023	History of PE HE & Importance of PE/ HE in Human life	Dr. P. B. Darade
Tuesday 12.09.2023	Nature, concept, Objectives of P. E.	Dr. P. B. Darade
Wednesday 13.09.2023	Status of P. E. & H. E. in school curriculum	Dr. P. B. Darade
Thursday 14.09.2023	Measurements of playground & rules of team sports & individual games	Dr. P. B. Darade,
Friday 15.09.2023	Types of Indian & Foreign exercise, Games(Individual & team)	Dr. P. B. Darade
Saturday 16.09.2023	Warming up Yogasanas & pranayama ,Suryanamaskara	Dr. P. B. Darade
Monday 18.09..2023	Report submission	Dr. P. B. Darade

IC. PRINCIPAL
Aacharya Javdekar College of Education,
Gargoti, Dist. Kohapur 416209